

# HANDBALL SHOOTING CHALLENGE

## CHALLENGE

This challenge is aimed at testing your throwing accuracy, just like when we shoot in handball.

Try and hit the target as many times as you can in 60 seconds.

Test yourself by making the target smaller or moving further away and try to beat your score.



## EQUIPMENT

Ball– Handball, tennis ball, balled up socks, preferably something that can be held in 1 hand.

Target– Chalk (to draw target on a wall), t shirt (to hang on washing line), empty milk carton, wheelie bin lid in open position.

## HOW TO PLAY

Create your target— mark a target on a wall with chalk or a hoop, hang a t shirt on a washing line or place a milk carton on the ground or table.

Set your distance— mark your throwing position away from your target with any object to make sure you are always the same distance away (the further you are away the harder it will be).

Throw at your target- throw your ball or object at the target as many times as possible in 60 seconds, try to throw the ball over arm each time. If you find it too easy move further away or make your target smaller.

## INCLUSIVE

Moving closer to the target will make it easier or / and increase the size of the target.

Change the size or type of the ball, e.g. make it smaller so it is easier to hold with one hand, use a grip ball, change the colour of the ball if a certain colour is easier to see.

This activity can be done seated.

## SPIRIT OF THE GAMES VALUES

### HONESTY

When counting your score



### DETERMINATION

To push yourself to hit the target as many times as possible



*Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.*

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